

INTERNATIONAL STUDENTS' EMOTIONAL WELLNESS

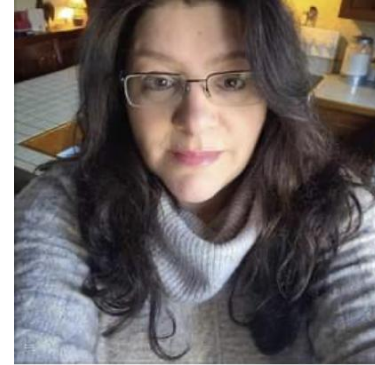
DRUG AND ALCOHOL USE

PRESENTER



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AGENDA



CURRENT CLIMATE



**MENTAL HEALTH AND DRUG
AND ALCOHOL CONNECTION**



**EXPLORING ENGAGING AND
EFFECTIVE PROGRAMMING**



RESOURCES

INTERNATIONAL STUDENT MENTAL HEALTH AND COVID-19

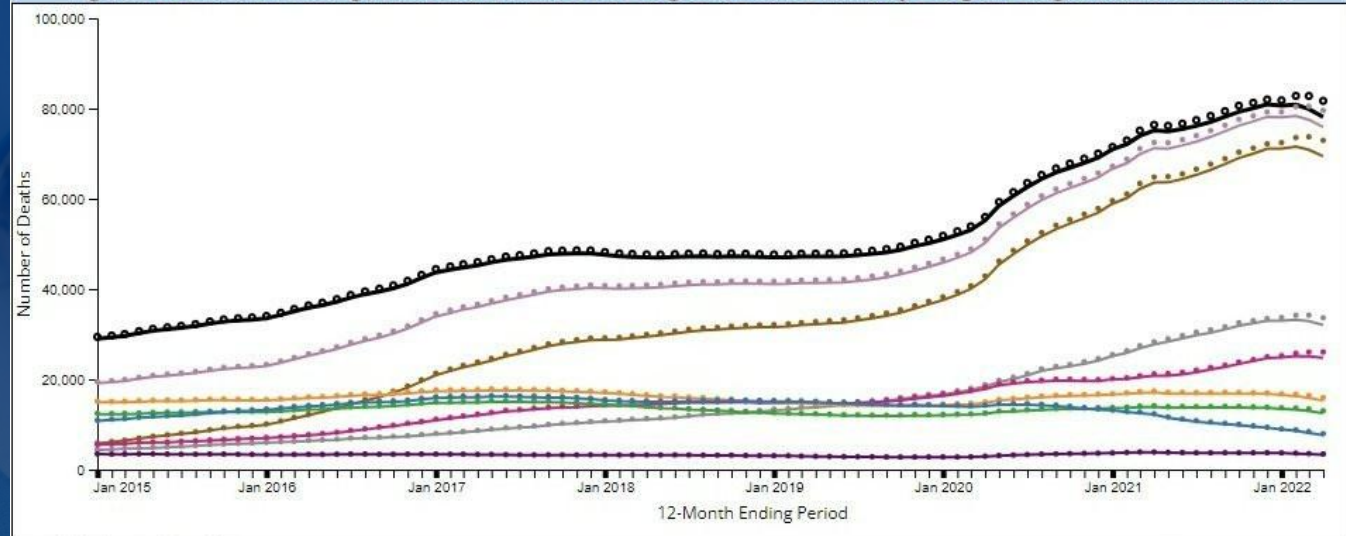
34% of college respondents struggled with anxiety disorder and **41%** with depression according to the [2021 Healthy Minds Study](#)

73% of students reported moderate or serious psychological distress according to the [Fall 2021 American College Health Association National College Health Assessment survey.](#)



STATISTICS

Figure 2. 12 Month-ending Provisional Number of Drug Overdose Deaths by Drug or Drug Class: United States



Legend for Drug or Drug Class

Cocaine (T40.5)	Natural, semi-synthetic, & synthetic opioids, incl. methadone (T40.2-T40.4, T40.6)
Heroin (T40.1)	Opioids (T40.0-T40.4, T40.6)
Methadone (T40.3)	Psychostimulants with abuse potential (T43.6)
Natural & semi-synthetic opioids (T40.2)	Synthetic opioids, excl. methadone (T40.4)
Natural & semi-synthetic opioids, incl. methadone (T40.2, T40.3)	

----- Reported Value

○ Predicted Value

PSYCHOLOGICAL CONSEQUENCES OF COVID-19

Strain on mental health:

- Immigration/Visas
- Finances
- Housing
- Online learning
- Making and maintaining friends
- Discrimination
- Masks / social distancing



Increased levels of:

- Anxiety
- Fear
- Loneliness / isolation
- Depression
- Post-traumatic stress
- Worry

INTERNATIONAL STUDENTS AND COVID-19

International Students were hit the hardest

“International students across the globe have been hit particularly hard by the pandemic due to additional sources of uncertainty,” — *Cory Owen, EdD, associate dean of students at Yale NUS College and the author of Advising International Students with Disabilities.*

“You have the response of any young person living through the pandemic—and doing it in another country far away from their support networks.” — *Emma Swift, EdM, associate director of the Office of International Education at the University of Vermont and the author of U.S. Classroom Culture*

“Isolation, especially for first year graduate and professional students living off campus, who are far away from families and yet to form their own community locally.” — *Ling Jin, MA, student development coordinator at Duke University’s International House.*

COPING WITH COVID-19

Drug and alcohol use on the rise across the United States

- [Alcohol consumption increases](#) by 39% between February 2020 to November 2020 across the United States
- [NIDA study](#) that analyzes substance use indicates marijuana usage is up amongst college students
- Every day, 28 people die in the US as a result of a drunk driving crash.
- According to NIAAA, 53% of college students between the ages of 18 and 22 have consumed alcohol in the last month, and 33% engaged in binge drinking.
- Have you noticed any changing trends among your international student population?

Cheng R. Inside Higher Ed (2020); Liu CH, Pinder-Amaker S, Hahn HC, Chen JA. J Am Coll Health (2020)

A BRIEF OVERLOOK OF LONG TERM EFFECTS

Long term mental effects of alcohol can include:

- Increase in risk taking behavior
- Increased anxiety and depression
- Memory problems
- Concentration problems

Long term mental effects of Marijuana can include:

- Depression
- Increased anxiety
- Paranoia

FEDERAL AND STATE LAWS

- Challenges:

- Legality of Drugs, Alcohol, and Tobacco in Home Country vs US
- Legality at the state (or county) level vs federal level

- Age Limits:

- Every state has the minimum age of 21 for alcohol and tobacco possession and consumption
- For the majority of the world, alcohol and tobacco age limit is 18
- Minimum age to purchase, possess or consume marijuana is 21 in legal states.

CONSEQUENCES

- Various school consequences
- Fines and jail time
- Most Serious Concerns are:
 - Refusal of new visa
 - Problems at the port of entry
 - Termination of SEVIS Records
 - Cancelled visa
 - Deportation
- Possible visa revocation for a DUI / DWI, even if it is a charge or expunged

EXPLORING EFFECTIVE AND ENGAGING PROGRAMMING



CAMPUS PROGRAMMING & RESOURCES

ONGOING STUDENT CONTACT

- **Counseling & Therapy Sessions**
 - 1:1
 - Group
- **Peer Support**
 - Mental Health Club
 - Peer Advocates in Wellness (PAW)
- **Wellness Fair**
 - Wellness Workshop Series
- **Targeted Resources**
 - BIPOC
 - LGBTQIA+
 - Anti-Racist for allies
- **Community Support**
 - General mental health & emotional wellness
 - AA, NA & local county resources

COMMON SUBSTANCE ABUSE WARNING SIGNS

- Bloodshot eyes / dilated pupils
- Drop in attendance or performance at school
- Sudden change in hobbies, friends or interests
- Secretive or suspicious behaviors
- Sudden mood swings or irritability



CAMPUS PROGRAMMING & RESOURCES

AWARENESS & COMPLIANCE

- International & Exchange Orientation
 - DUI & consequences
 - Possession of marijuana & consequences
 - Title IX & consent

KEY STRATEGIES



Find creative ways to collaborate with other stakeholders for effective programming



Empower students to seek treatment for addiction and create awareness of free resources and hotlines



Empower students to be aware of federal and state laws for drug and alcohol use



Create a robust programming process which includes at least one to two programs each month



Scale student support and normalize help-seeking behavior by expanding the use of peer coaches and mentors

NOW WHAT?



What drug and alcohol programming is currently in place on your campus?



What changes do you anticipate making or what changes have you already made to your programming as on campus learning resumes?



What have you found to be most effective with your programming?



What would you like to implement in your drug and alcohol programming in the future?

RESOURCES & HOTLINES





INSURANCE CONSIDERATIONS

Health insurance should cover mental health

- Verify coverage (i.e., internal limits, day maximum, etc.)
- Includes coverage for substance abuse
- Injuries/illnesses as a result of intoxication/drug abuse
- Suicide/attempted suicide
- Provider network

Telecounseling

- Increasing in popularity
- Ask if telecounseling is part of your telemedicine program
- A range of programs available through insurance plans or independently
- Some have additional resources/screening surveys



RETURNING TO CAMPUS RESOURCES

- [Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit](#)
- [Strengthening School Communities for a Safe, Supportive Return: Part 2](#)
- [The Managing Anxiety & Return to School](#) webinar series is part of [The Back-to-School Series](#)

SUBSTANCE USE RESOURCES

- [Drug & Alcohol Awareness on Campus Training - Traliant](#)
- [Substance Abuse and Mental Disorder Prevention -SAMHSA](#)
- [Marijuana Risks- SAMHSA](#)
- [Alcohol and Other Drugs Prevention Programs - LiveWell](#)
- [DRUG AND ALCOHOL ABUSE PREVENTION PROGRAMS \(DAAPP\) - Texas A&M University](#)
- [Drug and Alcohol Awareness for Study Abroad - Loyola University](#)

Drug and Alcohol Awareness for International Students



EMOTIONAL WELLNESS TRAINING



Powerpoint
Presentation



Video Content



Student Handout



Interactive Activities



Proctor Guide



In partnership with:



The MGH Center for
Cross-Cultural Student
Emotional Wellness

MENTAL HEALTH AWARENESS VIDEO



[www.internationalstudentinsurance.com/
explained/culture-shock-and-stress-video.
php](http://www.internationalstudentinsurance.com/explained/culture-shock-and-stress-video.php)



[www.internationalstudentinsurance.com/
explained/mental-health-video.php](http://www.internationalstudentinsurance.com/explained/mental-health-video.php)

THANK YOU!

